

SHOCKING FAMILY SECRETS

JANE
SEYMORE
Holocaust
horror

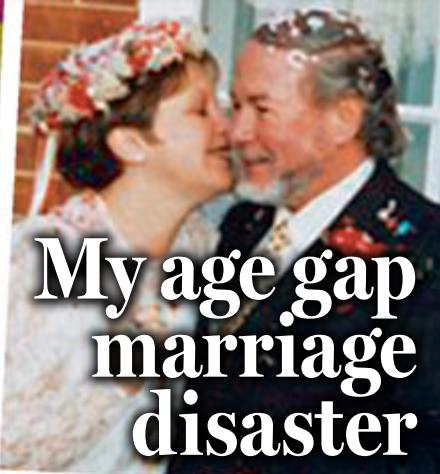


MARY BERRY
Workhouse
deaths



Fifty
Shades

BACKLASH



best!

14 JULY 2015
ISSUE 27



KYM
My 3 children
2 dads, 4 exes

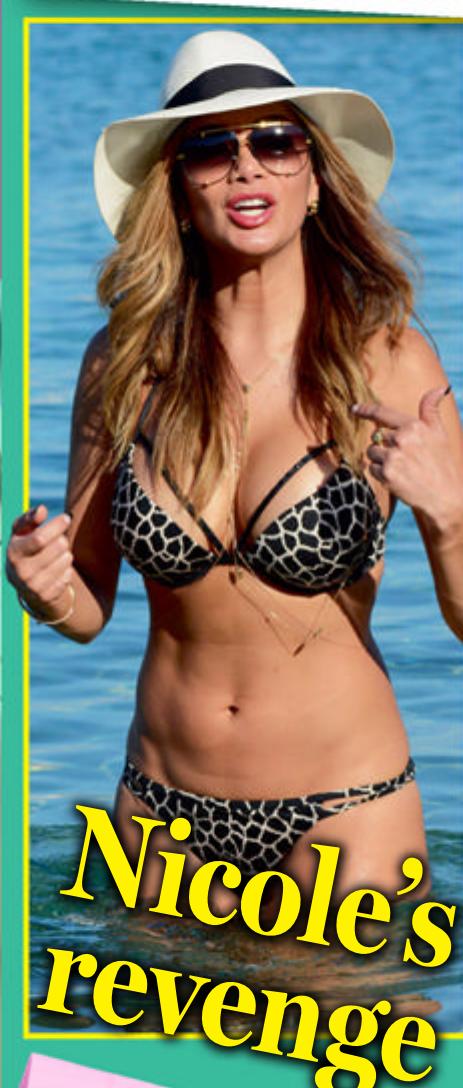


DAWN
I divorced
after
adopting



SUSANNA
Still living
with my ex

OUR PARENTING NIGHTMARES



Nicole's
revenge

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first meeting
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A photograph of two women laughing together outdoors. One woman is in the foreground, wearing a purple top and jeans, laughing with her mouth wide open. The other woman is behind her, wearing a yellow blazer and grey pants, with her hand on the laughing woman's shoulder. They are standing on a paved path with a white railing and trees in the background.

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*Compared to the leading brand, percentage varies across line-up.

**Based on average consumer loading.

[†]377 UK shoppers surveyed, Sep '14 - Jan '15

best CONTENTS

Let's defy these terrorists



As the world continues to reel from the beach massacre in Tunisia, each day brings a new horrifying development: the death toll rises; the gunman was high on drugs; he took pictures of his victims; terrified pensioners tried to hide in the sea because they could not run.

The shocking vulnerability of these victims of terrorism – gunned down as they lay on sunbeds in a holiday resort any of us might have visited – has made this particular horror resonate. We can't help but imagine ourselves on that beach on that day, and feel appalled. Terror hotspots are no longer restricted to far-flung places none of us would visit. But to live our own lives in fear is not the answer. We should take heart from the bravery of those who risked their lives in Sousse to save others – both Brits and people of every nationality. We owe it to them to appreciate the carefree everyday life we have. To do anything else is to let the terrorists win.

Jenny Vereker, Executive Editor

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THE *news* *edit*

FRENCH FANCY

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keeping you cool and stylish when
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1

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2

...and
she's
still in
athletic
shape!

Chris
Evert won
Wimbledon
three times

WIMBLEDON WINNERS

IT'S BEEN 40 YEARS SINCE SHE
RULED THE TENNIS COURTS,
BUT FORMER PRO CHRIS
EVERT HAS STILL GOT IT.

The 60-year-old, famous for wearing pretty dresses and matching ribbons on court, has continued to defy her age and maintain her enviable, toned figure – despite having three children. Meanwhile, Andy Murray's mum, Judy, 55, was served up a treat when she enjoyed a *Strictly* reunion with topless hunks, rugby player Thom Evans and wildlife presenter Steve Backshall. Smashing!



Judy's
happy about
her mixed
doubles!



CAMILLA'S QUIRKY CLUTCH

THE DUCHESS OF CORNWALL DOESN'T USUALLY LEAD THE WAY WHEN IT COMES TO HIGH FASHION! However, her sequined Baked Beans clutch proves Camilla, 67, must have her finger on the fashion pulse or, simply, a sense of humour. If you fancy adding a touch of kitsch to your wardrobe, you can pick up this bag for £450 from therodnikband.com. Alternatively, shop the look for our favourite finds that cost considerably less....



3

Camilla's got this trend in the bag

4 COOL TWIST ON A CLASSIC

IF A CLASSIC G&T IS ONE OF YOUR TOP TIPPLES, WHY NOT CONSIDER AN ALTERNATIVE GIN FIX THIS SUMMER?

Leading the way is Gordon's Frozen Cooler, £2.99. Simply pop it in the freezer for eight hours, squeeze into a glass and enjoy the delicious combo of gin mixed with fruity apple and elderflower. Or, if you scream for ice cream, try a tempting treat for adults only - Jude's Sipsmith Gin & Tonic Ice Cream, £2.45, available from Waitrose. Cheers!



Chill out with new ways to enjoy gin



5

Adele with partner Simon

BRINGING THE GLAMOUR

SINGER ADELE SHUNNED THE MUDDY WELLIES AND OPTED FOR FESTIVAL CHIC INSTEAD AT GLASTONBURY LAST WEEKEND.

The *Skyfall* hit-maker, 27, who was joined by her partner, Simon Konecki, dressed in an embellished black top, adding tortoiseshell shades and a bouncy blow-dry. We wonder if she was checking out the music fest with a view to performing on stage next year? Here's hoping!

6



ALTON TOWERS VICTIM ON ROAD TO RECOVERY

IT'S LOVELY TO SEE ALTON TOWERS ROLLER COASTER CRASH VICTIM VICKY BALCH SMILING AGAIN AFTER THE HORRIFIC ACCIDENT WHICH COST HER HER LEG.

The 20-year-old was given a huge boost thanks to a visit from Major Kate Philp, who lost a leg in Afghanistan, and has since trekked to the South Pole with Prince Harry.

Tweeting a picture of their meeting last week, Vicky said, 'Today I was inspired by a very amazing woman, Major Kate Philp, and I hope one day I can do the same for somebody else.'

The brave student, from Leyland in Lancashire, was among four people who suffered serious leg injuries after two carriages collided on the Smiler ride at the Staffordshire theme park last month.

She endured seven operations in a bid to save her leg, but sadly they proved unsuccessful and it was finally amputated. Judging by this first picture since the accident, inspirational Vicky is looking to the future.

NAPPY NEWS!

7

BIG CONGRATULATIONS ARE IN ORDER FOR FORMER CORONATION STREET ACTRESS HELEN FLANAGAN, WHO WELCOMED HER BABY DAUGHTER, MATILDA, LAST WEEK. Revealing that her and footballer boyfriend Scott Sinclair were over the moon with their new arrival, the 24-year-old said, 'Cannot stop staring at or kissing my beautiful baby girl.' Adorable!



Brave Vicky
meets amputee
Major Kate Philp

8

EXCLUSIVE STRICTLY'S FIRST COUPLE

THIS YEAR'S STRICTLY COME DANCING WILL FEATURE THE FIRST EVER CELEBRITY COUPLE, AFTER LOUISE REDKNAPP AND HER HUSBAND, AND FORMER FOOTBALLER, JAMIE, SIGNED UP TO THE SHOW.

The secret was let out of the bag last week as Jamie filmed the new series of Sky 1's *A League Of Their Own*, alongside *Strictly* host Claudia Winkleman.

When the cameras weren't rolling, comedian and fellow panelist Jack Whitehall told the studio audience that he and Claudia had 'exciting news' about this year's show.

Despite Claudia attempting to stop him, Jack revealed that Jamie has signed up - alongside his wife,





Louise and hubby Jamie won't fall victim to the *Strictly* curse

former Eternal singer Louise.

A source who was in the audience told *Best*, 'Claudia looked genuinely annoyed that Jack had told everyone. It was obviously a backstage secret that wasn't supposed to have been made public.'

'Jamie, meanwhile, looked really bashful and tried to claim it was a joke, but it was obvious from his face that he was playing it down. He told the audience, "No, no, it's not true!" but he had turned a bright shade of red.'

Meanwhile, during the recording, Claudia gave herself '0 out of 10' for her *Strictly* presenting skills, joking, 'I've got a really long fringe and can't see when I'm presenting!'

Overheard this week...



PAUL McCARTNEY

'I like the Queen. When we grew up, she was a babe.'



KATIE PIPER

'My daughter wanted to watch baby TV on my phone – I let her and I'm now the owner of a smashed iPhone 6.'



JANE FONDA

'Spanx are the clothing equivalent of the iPhone: How did we ever live without them?'



DERMOT O'LEARY

'I'll never say anything bad about *The X Factor* because it bought me my house.'

Get the holiday feeling with this coconut concoction



HOLLYWOOD HEARTBREAK

SAD NEWS FOR FANS OF BEN AFFLECK AND JENNIFER GARNER.

After being plagued by split rumours for the past few weeks, the Hollywood couple confirmed they'd parted ways after 10 years, amid rumours Ben's ex Jennifer Lopez had fuelled the relationship breakdown. 'We go forward with love and friendship for one another,' they said in a joint statement. We wish them all the best.

9



The A-List couple have called it quits

10 TROPICAL TUB

NEED A SWEET FIX WITHOUT THE CALORIE CONTENT? Hotel Chocolat's latest beauty range, Bois Nef, is inspired by their spa in St Lucia. While a visit to such tropical climes is out of reach, we'll make do with their Bath Oil, £26, with its luscious tropical coconut scent.

Plus, because you only need a small amount, this bottle will last you months. No excuses not to snap it up, then...

Too busy
to think
about kids?

MARK'S BABY HEARTACHE WITH MICHELLE

They've already decided how many children they want, but now Mark and Michelle Wright's baby plans are on hold...

The newlyweds have both admitted that they want to start a family, and actress Michelle Keegan claims she wants four children with her new husband, Mark Wright. But, just a month after their wedding, their plans have been put on hold indefinitely.

Michelle, 28, has been cast as Georgie Lane in the BBC One drama *Our Girl*. The former *Corrie* actress will play a medic in the new series, set in a refugee camp in Kenya. With filming in Africa due to start at the end of the year, there's no time for little Wrights just yet.

'They've both talked a lot about children,' reveals a source. 'They've even decided on baby names!

But it's all on hold, because Michelle's landed a role which could completely change her career.'

The Stockport-born actress has signed a £250,000 deal with the BBC, and is hoping the coveted role could land her more work in America. But, given Mark's work commitments, from a CBBC show to his hosting duties on Heart FM, not to mention a new fragrance to promote, they have had to postpone plans to start a family.

'For Michelle, this is a huge opportunity which could bring her to a worldwide audience. She's already researching her new role, learning about civil war and refugee crises. It will

really push her out of her comfort zone, which she's very excited about,' says the source.

'The filming will be gruelling, though. She's determined to do a good job and make a name for herself as a serious character actress.'

Mark's cousin Leah Wright recently revealed that Mark, 28, was keen to become a dad, adding; 'If he had his way, they'd have children as soon as possible. But I think Michelle's got a few things she wants to do beforehand.'

And while Mark totally supports his wife's career, friends say he's wondering when the babies will arrive.



Mark comes from a big family

INSTAGRAM/@ELLIOTTWRIGHT

'Mark's from a big family - he has Josh, Jessica and Natalya as his siblings,' says a source. 'Michelle's got a brother, Andrew, and also a sister, Nichola.'

'Mark was hoping they'd follow the tradition and start a family sooner rather than later. He's ridiculously proud of Michelle, but is gutted that they won't become parents next year.'

sun ready kids need eye protection too

A child's eye can let up to 70% more light through to the retina than an adult's. So help keep the kids safe this summer with all round UV protection lenses from Boots Opticians.



To book your eye check visit boots.com/opticians or call 0345 125 3754[†]

Free Soltan Once Kids All Day Play Mini SPF50 50ml included with every transaction of kids glasses or prescription sunglasses while stocks last. Glasses shown are available in selected stores only. Normal Advantage Card terms and conditions apply. See in store for details. [†]Call any time between 8.30am-7pm (Mon-Fri), 8.45am-5pm (Sat & Sun).

What does 'pare

In an age of blended families and amicable separations, we explore four celebs' experiences of raising children. Their circumstances might have appeared unusual, but are now increasingly common. We asked an expert for advice on how to work your way through the minefield...



DAWN FRENCH

CO-PARENTING AN ADOPTED CHILD AFTER DIVORCE

Dawn French and her ex-husband Lenny Henry went to some lengths to have the child they dreamed of.

After struggling to conceive naturally, the couple were over the moon when they adopted Billie in 1991, aged just two weeks old.

However, becoming parents wasn't without its challenges. The gruelling adoption process – and keeping it a secret for more than four months – took its toll on the comedienne and her hubby.

And 57-year-old *Vicar Of Dibley* star Dawn later confessed, 'Motherhood has tested me beyond belief. It's really not what I thought it was going to be.'

The actress, who described her little girl as 'a beautiful angel', couldn't have predicted her marriage wouldn't last, saying before their split, 'I said right at the beginning, I couldn't have a child unless Lenny took on half of what was involved, which he has done. He's been brilliant.'

However, the pair have talked openly about how

they've continued to treat Billie – now 23 – as their joint number one priority, despite ending their 25-year marriage in 2010.

In fact, Dawn – who has since married charity executive Mark Bignell – revealed she and Lenny continued to live together as a family for six months after their split, so they could both spend time with their daughter.

'The ending of it was a tribute to the way it had always been, with great kindness and massive respect for each other and the understanding that we

share a daughter,' she said.

Dr Pam Spurr says adopted children may have extra feelings of rejection and confusion to deal with, especially if they are an only child.

She said, 'They may ask, "Are you splitting up because you adopted me?" It's important you tell them that you love them and the break-up has nothing to do with them.'

'If you only have one child, encourage them to speak to friends whose parents have divorced. It's very important that they share their feelings.'



The couple didn't let their break-up affect Billie's happiness

nt' mean today?

SUSANNA REID STILL LIVING WITH THE EX

For most women, the idea of remaining on such good terms with your ex that you continue to live together is unthinkable.

But for Good Morning Britain's Susanna Reid, it's become a reality.

In fact, the 44-year-old mum-of-three has gone one step further with former partner Dominic Cotton. She still lives with him, despite him dating someone else.

Susanna and Dominic, who are the proud parents of Sam, 12, Finn, 10 and Jack, nine, split last February after 16 years together.

Weeks later, the charity executive posted an online dating profile on match.com, saying he'd recently separated and was looking for a woman aged 34-45 – no doubt an embarrassing blow for the former *Strictly* contestant.

Susanna put on a brave face, though.

'We all go through different challenges in our life,' she said. 'And this has been a challenging time. But he is one of my best friends and we are working it through.'

True to her word, Susanna not only 'worked it through', but also defied the odds by staying in the

The couple are putting their differences aside for their kids



'Explain to your children why you're living together'

same house as Dom – with the children.

As a child of a broken home herself – she was nine when her parents divorced – Susanna had always feared the damage a split does to children.

'The fact that her parents split all those years ago still haunts her,' an insider said at the time of the break-up.

Maybe that is one of the main reasons why

Susanna is happy with the unusual living arrangement.

'I'm privileged to have a great relationship with Dom, to the point where we can live together comfortably and he can have a new relationship,' she explained, referring to his girlfriend, mum-of-two Adela Straughan, 43.

Continuing to tackle critics of the pair's unique set-up, Susanna added,

'I'm not saying everybody can do it, and I think people are surprised that we can do it this way.'

'We're still really good friends and we have an arrangement where we're doing the best we can for our kids. People find that unusual, but it's worked.'

'Dom is such a hands-on dad and we really co-parent. So we live separately but together and happily in the same house.'

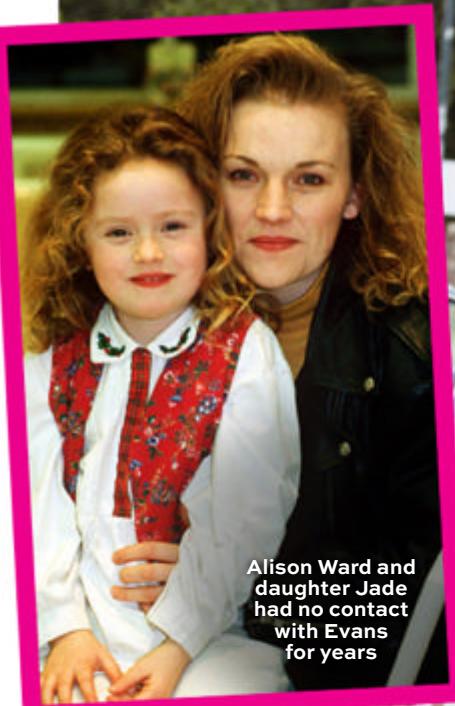
So with an increasing number of couples who have separated deciding to remain under the same roof – whether to co-parent or for financial reasons – how do you maintain a happy household for the kids?

According to self-help expert Dr Pam Spurr, it's important to plan ahead.

'A great starting point is agreeing that if you get on each other's nerves, you'll have quiet words away from the kids. They certainly don't need any more stress,' she says.

'Explain to your children why you're staying under the same roof. They'll want reassurance you're doing your best to sort things out.'

'You both may be free to see new people, but don't bring them into the shared family home. That would be painful and confusing to your children.'



Alison Ward and daughter Jade had no contact with Evans for years



The presenter beamed with pride as he walked his daughter down the aisle

CHRIS EVANS WHEN THE ABSENT DAD COMES BACK...

In May 1987, Chris Evans, then an up-and-coming presenter on Piccadilly Radio in Manchester, went on holiday to the Canary Islands with his friend, Paul Carrington. One night, he astonished his friend by calling his girlfriend Alison Ward to see if she'd given birth. 'It hadn't even occurred to him that there was anything weird about him being on holiday with me!' a shocked Paul said later.

Chris and Alison split soon after baby Jade's birth and Chris walked out of his daughter's life, failing even to attend her christening. She grew up in a council flat with her mum. Meanwhile, her famous father, while

paying some maintenance, never sent his daughter Christmas or birthday cards and made no contact in person or by phone.

'I was a selfish p****,' he admitted later in his autobiography.

It wasn't until Jade was 22, in 2008, that her multi-millionaire dad finally tried to re-establish contact, inviting her and her mother to London, where they had a three-hour lunch and reportedly got on famously.

Since then, new Top Gear presenter Chris has remained in regular contact with his red-headed daughter. Two years ago, he walked her down the aisle; he gushed with pride in January when she made him a

granddad and, just last month, he bought her a £330,000 house in Cheshire.

Dr Pam says that, while it's important to protect your child from further disappointment, you must put your personal feelings aside and not stand in the way of your ex's relationship with your child.

She said, 'Understandably, you'll be wary if an ex wants to re-establish contact after an absence but, unless he was abusive, he has a right to see his son or daughter.'

'It is important to help this happen while establishing ground rules. Take a step-by-step approach with short visits first until he's proved he's around for the long haul.'



Kym and former *Hollyoaks* actor Jamie had daughter Polly together



KYM MARSH THREE CHILDREN, TWO DADS, FOUR EXES

Coronation Street actress Kym Marsh is not the first woman to survive two failed marriages.

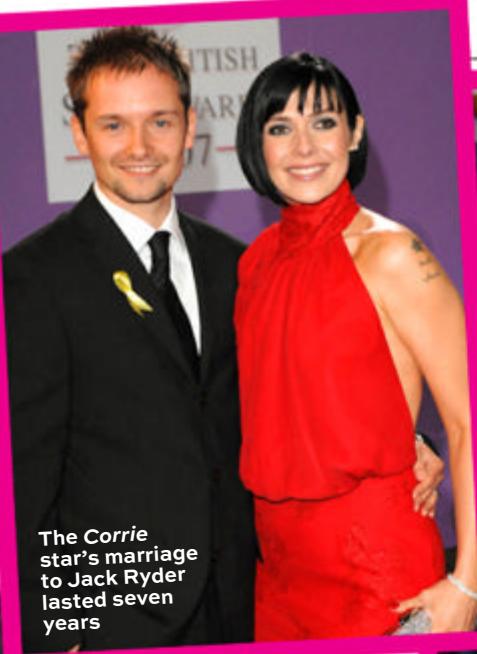
But having three children by two different dads must present its own challenges.

Growing up in Wigan, the aspiring singer met her childhood sweetheart builder Dave Cunliffe in a karaoke pub in 1994. Just months later, Kym was pregnant, and the couple went on to have two children, David, now 20, and Emily, 18. But the relationship lasted just five years.

Dave remained firmly in his



The actress had two kids with childhood sweetheart Dave Cunliffe



The Corrie star's marriage to Jack Ryder lasted seven years



The brunette beauty recently broke off her engagement to Dan Hooper

children's lives. 'He was completely involved and still is,' said Kym.

Soon after the split, Kym fell for *EastEnders* heartthrob Jack Ryder. They married in 2002. But seven years after they tied the knot, the couple revealed they were splitting.

Kym was soon snapped kissing *Hollyoaks* actor Jamie Lomas, and the couple later announced they were expecting their first baby in 2009. Tragically, their son, Archie, died moments after his premature birth. But Kym and Jamie went on to have daughter Polly just a year later and married in 2012. Their happiness was short-lived, though. Kym and Jamie were granted a speedy divorce in 2013.

The break-up was more acrimonious. The papers were full of rumours that Kym had cheated on Jamie with actor Oliver Mellor. She filed for divorce, citing unreasonable behaviour.

Kym went on to find happiness with personal trainer Dan Hooper. But Dan already had a daughter by *Hollyoaks* actress Stephanie Waring, four-year-old Lexi, and the bad feeling between Kym and his ex has been well-documented. Soon, the whirlwind relationship and seven-month engagement was

broken off. Speaking about their split, Kym revealed, 'He's been a hugely positive influence in not only my life but David, Emilie and Polly's lives, too, and I know they will keep in touch with him.'

For the moment, the 38-year-old mum seems to be taking a break from looking for Mr Right. In fact, she couldn't even face attending the wedding of her friend *Corrie* star Michelle Keegan to Mark Wright.

'Juggling a range of different parental techniques while managing the expectations of the children means giving them information they can easily digest,' says Dr Pam.

'Your child may compare their dad to their step-brother or sister's dad,' she says. 'For instance, if they've been bought

expensive presents. But just explain to them that's not the only way in which people can prove their love.'

'Keep chats with your child positive, and point out something unique about their own father. Most importantly, reassure your child their dad loves them – even if he needs to pull his socks up.'

*Reassure
your child
their dad
loves them...*

WOMEN SHAVI

Three women agreed to try a new razor that gets rid of facial fuzz. Their comments will amaze you...

We're used to brandishing a razor for dealing with our legs and armpits, but would you use one on your face? This surprising new beauty trend has seen huge demand in the US, where sales of women's razors are up 300 per cent, and it's fast catching on in the UK.

Shaving your face – also known as 'dermaplaning' – is said to have numerous anti-ageing benefits.

'It involves passing a very sharp knife over your face to precisely cut leftover hairs, remove impurities and dead cells,' says Shahana Rahman, Mychelle Dermaceuticals' skincare expert.

Removing the downy peach fuzz on your face is also said to create a brighter and smoother skin tone.

'One of the greatest bonuses of shaving is superficial exfoliation, promoting deeper penetration of skin products,' says Tammi Williams from Tinkle Razor, which designs razors especially for women's faces.

So, does it really work? We asked three women to try it for themselves. Here's how they got on...



ANNINA EXALL



The 43-year-old housewife from Surrey says, 'My husband and friends think I'm mad for shaving my face and reckon it'll grow back stubbly. Nearly a week on, my skin is still soft and smooth. After gliding the blade across my face, all this fuzz came off! I developed rosacea on my nose a year ago, plus dry patches on my cheeks. Shaving has cleared these problems up a little and my skin tone looks more even. I'll definitely keep it up.'



GINNY FARR



NG! 'We loved it'



GIA

This 44-year-old account manager from London has been shaving her face for a month. She says, 'I got the idea from a Japanese friend, who's been doing it for years. She's 40 but looks 10 years younger! I focus on my cheeks, looking in a magnifying mirror which shows me the fine white hairs on my face. It's satisfying to hear them scrape off! It only takes me a minute each week. My foundation goes on much smoother and I get a more flawless finish.'



SALLY JONES



Sally, a 60-year-old former sportswoman from Warwickshire, says, 'No one tells you about the rogue hairs on your chin – I normally see to them with a tweezer. My beauty regime is a matter of washing and moisturising, and years of playing outdoor sport has given me quite a ruddy complexion. I was amazed at how well the razor worked. Four days on, I expected rough stubble, but I've had little regrowth. My skin is smooth and glowing.'



Tinkle Razor, £3.49 for set of three

HOW TO SHAVE YOUR FACE THE SAFE WAY

Tempted to start shaving yourself? Our testers used a Tinkle Razor, £3.49 for a pack of 3 (tinklerazor.com). Follow these steps to shaving success...

- Cleanse your skin thoroughly and apply toner. Make sure skin is completely dry.
- Hold skin taut with one hand and grip the blade in the other hand at a 45 degree angle against skin, shaving upwards. Repeat over desired areas.
- Rinse off and apply serum and moisturiser. Repeat as needed, or before a big event, for smooth, flawless skin.
- Dermaplaning removes your outermost layer of skin, making it more sun-sensitive, so always wear SPF afterwards.

Family



Jane
was left
reeling by
revelations

JANE'S SHOCK OVER HOLOCAUST TRAUMA

Jane Seymour is the latest in a line of celebs to be brought to tears by BBC1's *Who Do You Think You Are?*

which starts a new series in August.

The 64-year-old actress was devastated to learn how her family had suffered during the Holocaust. Her Jewish father settled in the UK after his family fled Eastern Europe during World War 2. But Jane found that a great-aunt, Jadwiga, wasn't so lucky. Separated from her husband and children, the family were sent to different concentration camps.

Tragically, Jadwiga survived, only to discover that the rest of her family had been murdered. She committed suicide a few months later.

Jane was moved to tears as she visited the grave of her lost relative.

It's what we've come to expect of the award-winning show, which saw even hardened news anchor Jeremy Paxman sobbing when learning of his family's desperate poverty.

Here we take a look back at the other shocking discoveries made during the long-running show...

There are skeletons rattling in most family closets – but these celebrities were shocked by what they discovered when they delved into the past...

KIM'S ABSENT GRANDDAD WAS A BIGAMIST

When she appeared on the show, *Sex and the City* actress Kim Cattrall, 58, hoped to get to the bottom of a family mystery.

In 1938 her grandfather, George Baugh, had disappeared without a trace when her mum, Shane, was just eight years old.

What the actress discovered sent shock waves through her family and she was left to break the terrible news to her mum that George had deserted them to start a new life.

While his wife and three daughters slid into abject poverty in an impoverished Liverpool suburb, George fled to Manchester, where he remarried the following year.

His new wife, Isabella – who, at 21 was nine years younger than him – had no idea he was still married to Kim's grandmother Marian.

George could have faced seven years in jail for bigamy, only he was never seen again.

Kim found out that he had four more children with Isabella and, in 1961, took them all to live in Australia where he ran a post office. He died in 1974.

Kim, who went on to call her grandfather an 'absolute rogue', had to break the upsetting news to her shocked mum and aunts

misfortunes



Mum Shane was abandoned by her dad



Margorie and Dorothy.

George's second wife died in 1990, but Kim made contact with his three children after filming the dramatic show.

'The journey of finding him was more about finding the family I do have and that's been a great gift,' she said.

Kim unearthed a shadowy past

MARY'S GRIEF OVER CHILD DEATHS IN WORKHOUSE

When she took part in the last series of *WDYTYA*, Mary Berry's family history unravelled like a plot from a Charles Dickens novel.

At first the *Bake-Off* star was delighted to discover that her maternal great-great-grandfather, Robert Houghton, ran a bakery in Norwich for nearly 40 years.

But 80-year-old Mary also found her other great-great-grandfather, Christopher, a printer, went bankrupt and left his

family, consigning his wife and six of their eight children to life in the workhouse.

Sadly, three of the children died in that grim institution, something which resonated with Mary, whose 19-year-old son William died in a car crash in 1989. Tears in her eyes, Mary stuttered, 'To lose one child is sad... Poor



Mary, left, with her brother and her own mum Margery

woman...'

Later in the show, Mary was told that her great-great-grandmother, also called Mary, caused a scandal by having four illegitimate children, perhaps because she was seeing a married man.

PATSY'S DAD HAD LINKS TO GANGSTERS



Patsy has links she can be proud of!

As actress Patsy Kensit began to trace her family history, she was prepared to delve into a deeply murky past.

After all, it's no secret that her late father, Jimmy, was close friends with notorious gangsters the Krays.

But the star soon discovered that her ancestors had a completely different side – her great-great-grandfather was a vicar who worked among the poor and destitute in London's East End during the 1830s.

Fighting back tears as she found out more about his sacrifice and generosity, Patsy said, 'Now I have an understanding of the family, I am bursting with pride. It's wonderful to carry this now and not just think of Sixties' organised crime.'

WHO'S NEXT?

Great British Bake-Off presenter Paul Hollywood, model Jerry Hall, Last Tango in Halifax stars Sir Derek Jacobi and Anne Reid and choirmaster Gareth Malone also join *Who Do You Think You Are?* when it returns in August.

The BBC promises more heartbreak, laughter, intrigue and surprise, as the celebs learn more about their ancestors.

From newborn babies spirited away under cover of darkness to convicts transported to the other side of the world – and even tales of vampires – this year's show looks well worth tuning into.



Ana and Christian from the film adaptation of *Fifty Shades*

Has the backlash begun? Five fans explain why they've fallen out of love with *Fifty Shades Of Grey* after reading the latest book in the multimillion pound series...

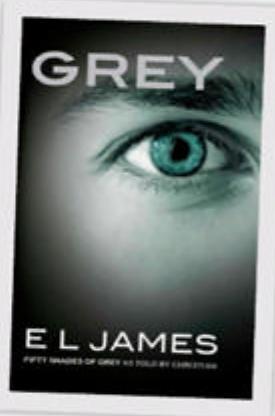
New book *Grey* is the first story from Christian's viewpoint

'CHRISTIAN'S AFLOP!'

The hotly anticipated spin-off to EL James' *Fifty Shades Of Grey*, simply entitled *Grey*, sold over a million copies in just four days.

But the verdict on the book – which is the story from billionaire Christian Grey's point of view – is that it's more painful than a session in the red room... and not in a good way.

Here five *Best* readers explain why the new book is such a massive anti-climax.



Lara Nugent, 43, London 'What a disappointment! I thought *Grey* would look more into Christian's background. Instead it simply retells the first book, and I was frankly bored. I wanted to know more about his relationship with his older lover Elena, and that wasn't explained. In fact, there was a very saucy flashback to his time with her, which was the only interesting thing in the whole book. At least there was none of Anastasia's 'inner goddess' nonsense, as that drove me mad. It was deadly dull, a total rehash and a let-down.'



Jeni Weaver, 41, East Yorkshire 'I began reading at 6am and had finished by 4am the following day. But rather than being gripped, it took 24 hours for *Grey* to go from hero to zero. He failed to transport me to the fantasy I'd created in my mind. I don't feel any more engaged with him than before. In fact, I feel betrayed by this lazy attempt at a spin-off. It felt messy and sloppy.'



Ursula Hirschhorn, 43, North London 'While *Fifty Shades Of Grey* was badly written, Ana had a certain, naïve charm and the enigmatic Mr Grey was portrayed as an alpha male with a mysterious past. Neither Ana nor the readers could get enough of him. *Grey* is the story of the first book from Christian Grey's point of view. But the problem with this story is what it reveals about Christian. His mask is ripped off and what you see behind it is nothing short of scary. He comes across as a creepy, controlling stalker with serious mummy issues.'

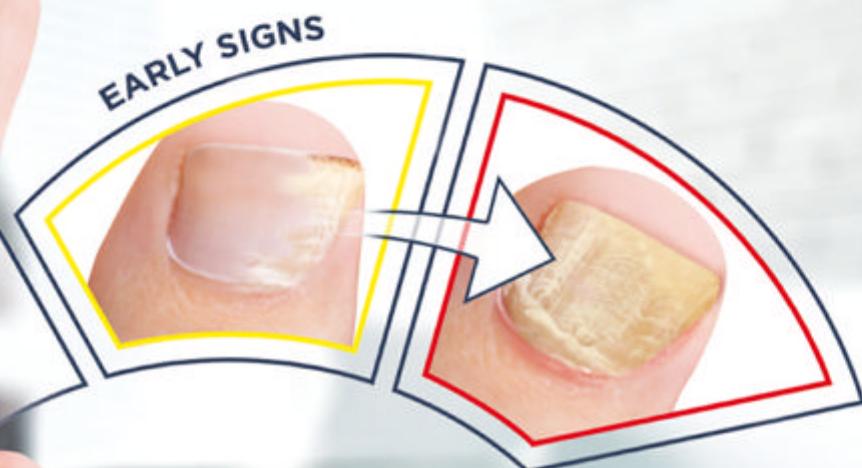


Tamsin Oxford, 43, Cornwall

'When I think about steamy sex, I don't visualise a man standing over me discussing his member and using the F-word so often that I wonder about his ability to communicate, while objectifying me to the point where I may as well be a chair. This is what *Grey* does. It's not erotic. It's worrying. And Anastasia is a twit.'

HAVE YOU NOTICED DISCOLOURED OR THICKENED NAILS?

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Beauty masterclass



Colouring hair at home

Each week, we ask an expert to help solve a beauty dilemma. Here, colour guru **Scott Cornwall** advises us on how to get salon results in our own bathroom

SCOTT is an expert at tress transformation. His speciality lies in 'colour correction', on which he's based his best-selling product Decolour - the first-ever hair dye remover to use at home. And when it comes to achieving a professional home hair colour, he's just the man we need! 'Treat your hair like your hairdresser would,' advises Scott. Read on for his guide to salon-perfect colour results at home.

Scott's guide to your perfect colour

- **If you're colouring mild greys**, you only need a temporary product. Those with more greys should opt for a permanent.
- **Don't stray more than two shades** lighter or darker than your natural colour. If you want something more dramatic, a salon will be able to guide you.
- **Do a patch test** behind the ear 48 hours beforehand, each time, because you can react at any moment, even if you've dyed your locks for ages. If you've had a henna tattoo in the past, you're more susceptible to an allergic reaction.
- **Use a clarifying shampoo, and don't condition.** Avoid using silicone-rich products which create a barrier against the dye. Then apply Vaseline round the hairline to prevent dye seeping on to your skin.
- **When you're applying a temporary product**, go straight from the bottle. With a permanent colour, use a tint brush and bowl (you can pick these up from the pound shop), and apply the dye where it needs to go - on the roots. Work through the hair carefully, section by section.
- **Before rinsing, add a drop of water and massage** into the colour, to activate it and enable the product to attach to the strands. This helps the colour stay in rather than washing out straight away.
- **On both types of dye - temporary and permanent - rinse until the water runs clear.** The only exception is a red colourant, which will always colour the rinse water every time you wash - it's ideal to have an old towel to hand!



Nicole's ultimate revenge

Stunning Nicole Scherzinger is intent on showing her ex what he's missing

Since splitting from Formula One champion Lewis Hamilton five months ago, Nicole Scherzinger has kept a relatively low profile.

But now the singer seems determined to show Lewis, who she dated on and off for eight years, exactly what he's missing.

Nicole set pulses racing last week when she stripped off to show her enviable beach body in a plunging bikini, while soaking up the sun in Mykonos, Greece.

The former Pussycat Doll – who was on the party island with female friends to celebrate her 37th birthday – was later snapped kissing Swiss football star Pajtim Kasami, 23, before partying into the early hours with billionaire playboy Joe Fournier at his exclusive club Bonbonniere.

This comes after Nicole opened up about her love split, saying, 'A lot of the time when you're in a relationship, you lose yourself

and you lose who you are and what makes you special.'

'You're always putting all your energy on someone else, so find yourself again. Build yourself back up [and] be that big, radiant light.'

'It's a new chapter in my life. I'm going through a very transformative time in my life.'

Meanwhile, Lewis – who's been seen with various beauties since their split, including 19-year-old Kendall Jenner – is keen to remain on good terms with his ex.

The 30-year-old F1 driver posted a gushing birthday message on Instagram, alongside a pic of them (left), writing, 'Dear friend, Through the years we shared a lot, I wouldn't have changed a thing. All the experiences made

me the man I'm proud to be right now. The memories together will never be taken away no matter how old we get and I'm thankful for the time we had.'

Nicole's TV career is also looking up as the former *X Factor* judge is said to be being lined-up for *The Voice*.

Rumour has it the talent show's producers are meeting with Nicole this week to persuade her to replace Rita Ora, who defected to Simon Cowell's ITV show.

Looks like it's going to be a year for Nicole to remember for all of the right reasons.



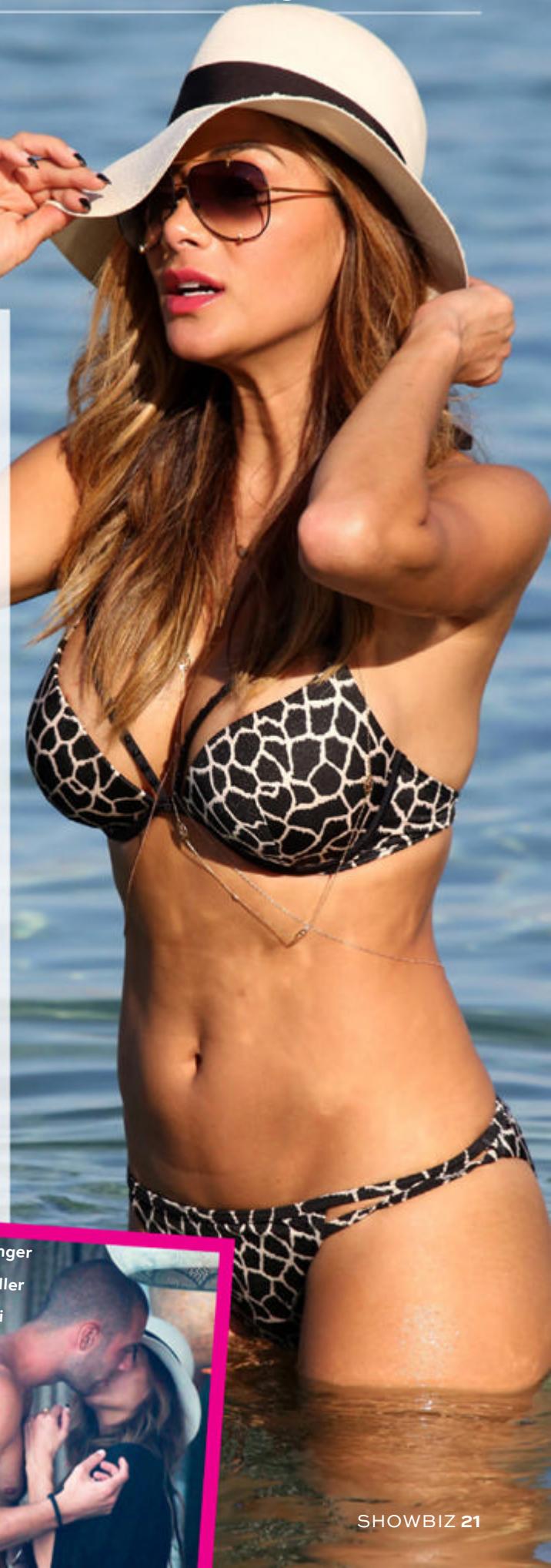
INSTAGRAM/@LEWIS HAMILTON

WORDS: RIANNE /SON PICTURES, OIC/MAVRIX



Nicole celebrated her birthday with pals in Greece

INSTAGRAM/@NICOLESCHERZINGER



The singer kissed footballer Pajtim Kasami

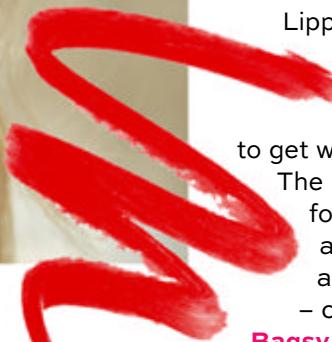


Look gorgeous with **Patsy Kensit**



The heat is on...

Make-up that stays put as the temperature soars



LIPS THAT LAST

Lippy that bleeds around the mouth tends to get worse in heat. The new velvet formulations are the ideal antidote – check out **Babsy Lip Velvet, £12**, which stays put, even though the texture is soft and the colour sheer.

ACE THAT BASE!

Hot weather causes the wrong base to cake and slide off your face. If lighter tinted moisturisers fail to offer the coverage you need, shop for a long-lasting foundation that stays put after the sun goes down. You may find you need a darker shade at this time of year, so if you don't want to spend a fortune, try **Rimmel Lasting Finish, £7.99**, as it blends easily and gives skin a dewy, natural-looking finish.



BRIGHT EYES

At this time of year I'd advise you cheat on your favourite mascara! This is because you can't beat a waterproof formula for staying power. **Clinique High Impact Waterproof, £17.50**, helps to lengthen and separate lashes without smudging under your eyes mid-afternoon.



SAY GOODBYE TO SHINE

Too much shine makes you look sweaty rather than sultry. Powder is the best way to combat shine but less is more, to avoid a flat appearance. Pick up **Barry M Flawless Matte Perfecting Powdershade in Light and Dark, £5.99 each**, to help combat this summer problem and contour your face at the same time. Use the lighter shade over the T-zone and the darker under your cheekbones and along your jawline. The light finish also works brilliantly over bare skin, if you prefer to skip base entirely during the heat.



FEELING FLUSH?

Not all of us want to reach for the bronzer to give our complexion a boost. So the perfect alternative is **Bourjois Aqua Blush, £8.99**, as the cool texture and sheer finish are the perfect way to give your cheeks a long-lasting pop of colour. My make-up artist Lisa Laudat recommends either applying a few dots directly to your cheeks with clean fingertips or, for a more precise application, use a brush to buff over the apples of your cheeks.





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Cowell Confidential

Best columnist – and Simon Cowell's brother – **Tony** – talks to stage star **Matt Cardle**, 32, and Britain's Got More Talent host **Stephen Mulhern**, 38

'I want to surprise people'

X Factor winner MATT CARDLE opens up to TONY COWELL about staying sober and his West End musical debut

Well done on landing the part of Huey in *Memphis*. How did it come about?

I met Beverley [Knight, who stars in the show] when I worked with Mel C. I saw her in *The Bodyguard* and thought she was amazing. She has this big voice and she's such a lovely person, too. She suggested me for the part of Huey. I went to audition and I was crazy nervous but then, two weeks later, she phoned me and said I had got the part.

What was your reaction?

I couldn't believe it. I was never a massive musical theatre fan but I was blown away by the show. There's something very special about it. Basically it was all down to Beverley that I got this role. It's a big challenge

for me but I'm ready for a change, that's why the music is on hold.

What's Beverley like to work with?

She's so professional. When I did the first audition with her I knew this could work.



'Being in recovery is a struggle'

I'd never acted before and, at first, she was all love and hugs, but the moment we started reading the script she went straight into character. That helped me. She's a huge star and a lovely, warm person.

You're not inviting family to the opening night – is that all about nerves?

Yeah, I don't want anything else to think about on the night. I just want to focus on my performance. There will be lots of my fans in the audience so that's OK but I'll still be all hot and sweaty on the night.

Will you invite Mel C?

Yes, Mel will be there at some point. We're still very close and talk a lot. I'm also friends with Sheridan Smith, who's been a real help to me with the acting. She's taught me a lot.

I understand you quit smoking for the role...

Yes, Beverley helped me do that. She told me it was no good for my voice, so I've done it and I feel great – but I'm still a bit grumpy. I've also been sober for 18 months now. My spell in rehab really helped. The music business messes you up but I've come a long

way. Being in recovery is a struggle and I still go to meetings, as I need that support. I have to be honest with myself and not try to do everything on my own.

What's next after the show ends in October?

My new album is coming out so it's back to music. I've put that on hold while I do *Memphis* but it's all done and I'm proud of it. It's far and away my best album. I've been through so much in the past two years and that's reflected in the songs.

Any duets on there?

Not this time. When I did the song with Mel C it was brilliant. I'd love to work with her again. We have both got to find the time.

Will you want to do more musical theatre?

[Laughs] We will see what I'm like in this one. I'm so nervous that the press will say I'm rubbish – but you know what, Tony, I'm so up for this – I'm determined to make a success of it. In my heart I know I can do it. I want to surprise people.

● **Matt Cardle joins Memphis: The Musical on 6 July at London's Shaftesbury Theatre**



Matt's duetted with Mel C and would love to work with her again

Cheeky TV host
STEPHEN MULHERN
says Simon loves a good laugh

'I thought I'd be sacked from BGT'



Stephen larks about with Ant & Dec on BGT

Did you expect to be re-signed for Britain's Got More Talent?

Well, you never know, do you? I've been there nine years but things can change very quickly in this business. I was very relieved, let's put it that way. I work very hard – if I didn't, I wouldn't be there.

Did you expect Amanda Holden to throw water on you after your Botox comment?

When the water came I just thought, 'Wow – this is live TV.' I didn't have time to think as we had to go to a break. I took a risk – it could have gone the other way but Amanda has a great sense of humour. I explained I was only joking and she said, 'Of course, darling, I know you were,' and she just kissed me. I thought I would get the sack but within seconds she had forgiven me.

Simon seemed to enjoy it...

Enjoying it? He was loving it. I took one look at his face and he was like a child. He is always the first person I look

at. It was risky, I know, but I think Simon got it. He's got a very dark sense of humour.

Simon told me, 'Stephen's the ultimate professional. If I told him to jump off a cliff during the show – he would.'

Wow! I'm not sure about jumping off a cliff. I'll take it as a compliment. I genuinely love working with him. He's very special. I know sometimes that he asks me to do things as it amuses him. But I also know when he's in a bad mood – then I know not to push it.

There's talk of a celebrity version of *Catchphrase*...

We are talking about it for next year. I want double acts like Ant and Dec or Holly and Phil. But I want Simon and David, they're the ultimate double act.

best DRESSED SUMMER



FASHION: WENDY RIGG, ASSISTED BY HARRIET DAVEY
PHOTOGRAPHY: ROMI SCHNEIDER

Top, £25, M&S
Trousers, £20, Matalan
Bag, £45, Dune
Sandals, £39,
Jones Bootmaker

A woman with blonde hair, wearing a white lace dress, is smiling and holding a striped bag with the words "Bonjour" written on it. She is standing in a sunlit, narrow street with buildings on either side and a large pot of red flowers in the background.

Bonjour

Dress, £50, Wallis
Bag, £29, Accessorize

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Bag, £45, Dune
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cropped
trousers

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Top, £38, Oasis
Skirt, £54,
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THE high street edit

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“I’ve got the confidence to laugh again...”

Now she's got her get-up-and-go back, Roz Sims can enjoy her leisure time without a care

Looking at the self-assured, vivacious, glamorous Roz Sims today, you'd never imagine that, until recently, she didn't have the confidence to go out for a walk with her husband. Roz, 56, is among the 47 per cent of women in the UK who experience bladder weakness, and fear of being too far from a loo was preventing her from living life to the full. Until she discovered TENA Lady, the UK's number one bladder weakness brand*, she was even afraid of having a giggle with her friends.

‘I used to avoid situations where I knew I would end up laughing. Simple, everyday pleasures, like going for a drink with friends or a walk on the beach with my husband, became a real nightmare.’

Now that she uses TENA Lady products, Roz is a new woman.

‘I feel so free – I can do whatever I want. I’m not afraid to laugh any more and I love having a good giggle! It’s completely changed my life. Now, I feel I’m the woman I was meant to be.’



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COMPETITION CLOSES
31 AUGUST 2015

Roz lives life without fear – pursuing her hobbies, socialising, having fun



Everyday life is a pleasure again for busy Roz



NEW BEGINNINGS

Discovering TENA Lady products has empowered Roz to live the life she wants. She now has a new kind of self-assurance.

I have the confidence to try new things. I've embarked on a BTech in photography, so I've learnt to use a DSLR camera. I love taking pictures in the garden, and going out with my new friends from the photography class to

“When I come back from a holiday, it’s such a joy to see the pictures I’ve taken”



take photographs on the beach. It's such a joy to look at the pictures I've taken.

I keep my TENA Lady products in my handbag, and I'm not afraid any more. Whether I'm on holiday or giving a piano lesson, I feel more confident than ever before. Life is bright again.'



Bladder weakness is common – experienced by nearly half of women in the UK.

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For more information, support and inspiration, visit TENA.CO.UK



MARY BERRY'S *perfect puddings...*

IMPRESS YOUR FAMILY WITH THESE SIMPLE SWEET TREATS

Lemon and lime cheesecake

Of all the desserts in this book, this lemon and lime cheesecake is one of the simplest to make. You must use full-fat condensed milk and cream cheese for the recipe to work – as the filling won't set if you use low-fat substitutes.

SERVES 4-6

- 10 digestive biscuits, crushed 50g butter, melted
- 25g demerara sugar
- 150ml double cream
- 397g can full-fat condensed milk
- 175g full-fat cream cheese (at room temperature)
- grated zest and juice of 2 large lemons grated zest and juice of 1½ limes
- 150ml double or whipping cream, to decorate
- ½ lime, thinly sliced

First, make the crust. Place the crushed biscuits, together with the butter and sugar, in a medium bowl and stir until the ingredients are thoroughly mixed. Turn the crust mixture out into a 20cm loose-bottomed tart tin and press firmly and evenly over the bottom and up the sides using the back of a metal spoon. Chill for 30 minutes, until set.

Make the filling. Place the double cream, condensed milk and cream cheese in a bowl with the lemon and lime zest. Mix thoroughly. Using a balloon whisk, gradually whisk in the lemon and lime juices and continue whisking until the mixture thickens.

Pour the lemon and lime filling into the crumb crust and spread it evenly. Cover and chill overnight.

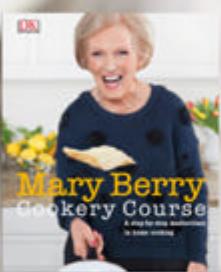
Up to 6 hours before serving, whip the cream until it just holds its shape. Decorate the top of the cheesecake with swirls of whipped cream and slices of lime, then return to the fridge.

PER SERVING
Calories: 668
Saturated fat: 25g
Unsaturated fat: 16g
Sodium: 471mg





PER SERVING
Calories: 513
Saturated fat: 19g
Unsaturated fat: 10g
Sodium: 116mg



EXTRACTED FROM:
Mary Berry Cookery Course,
published by DK, £17.99
(paperback edition)

An impressive party dessert, pavlova never fails to please – and pineapple and ginger make an intriguing blend of flavours. Carefully prise the meringue off the baking parchment after baking – if the pavlova is cooked, the paper will come away cleanly.

This is a very quick and useful, make-ahead dessert. If you wish, add two passion fruits to the mango, or replace the mango with the summer fruits that you would put in a summer pudding, with an added dash of sugar.

SERVES 4

- 1 large ripe mango
- 90g light muscovado sugar
- 150g half-fat crème fraîche
- 150g Greek-style natural yoghurt

Remove the mango stone and chop the flesh as shown below. Divide it equally among 4 serving glasses or ramekins. Add the juice from the mangoes, then sprinkle each portion with 1 teaspoon sugar. Combine the crème fraîche and yoghurt in a small bowl. Spoon the mixture on top of the mango pieces.

Sprinkle the remaining sugar evenly over the cream topping. Chill the dessert in the fridge for 2 hours before serving.

Or, try this orange passion recipe. Instead of the mango, use 3 large, thin-

Pineapple and ginger pavlova

SERVES 4-6

- 3 large egg whites (room temperature)
- 175g caster sugar
- 1 tsp vinegar
- 1 tsp cornflour
- 300ml double or whipping cream
- 200g can pineapple chunks in natural juice, drained
- 5 pieces of stem ginger in syrup, drained and finely chopped

Preheat the oven to 150°C/300°F/Gas 2. Line a baking sheet with baking parchment and mark a 20cm circle on it.

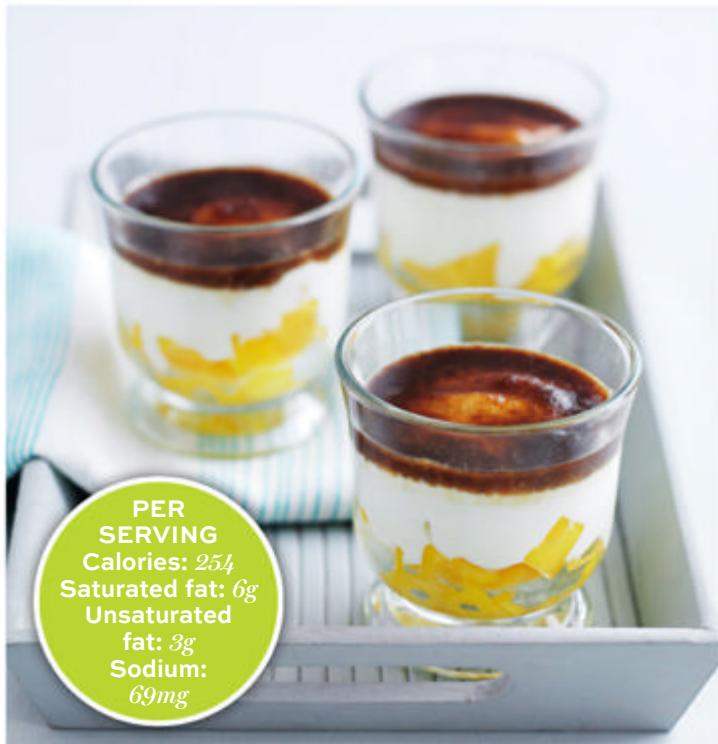
Whisk the egg whites until they stand in stiff peaks, then add the sugar, 1 teaspoon at a time,

continuing to whisk on full speed until the whites are glossy. Blend the vinegar and cornflour together and whisk into the whites with the last spoonful of sugar.

Spoon the meringue onto the circle on the paper, and spread it so that the edge is slightly higher than the centre. Place the meringue in the oven and bake for 1 hour. Remove the baking parchment, turn off the oven, and return the meringue to the oven on its baking sheet. It will cool as the oven cools.

Transfer the meringue to a platter. Whip the cream until thick, put it in the centre of the meringue, and top with the pineapple and ginger.

Mango passion



PER SERVING
Calories: 254
Saturated fat: 6g
Unsaturated fat: 3g
Sodium: 69mg

skinned oranges. Peel, then slice the fruit crossways into rounds. Divide the orange slices equally

among the glasses or ramekins.

Continue as in the main recipe.





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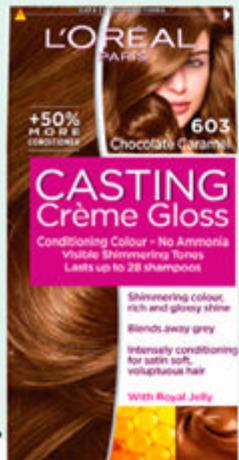
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Simple range, including Kind to Eyes Eye Make-up Remover, £3.29



BEST EYE CREAM

No7 range, including Protect & Perfect Intense Advanced, £17



Slim for summer with Weight Watchers!

MIX N MATCH MEALS

Using the following meal ideas, you can create a menu based on a minimum daily ProPoints allowance of 26.

You also have a weekly allowance of 49 ProPoints values to make the plan more liveable and more flexible. You can use it as you wish – for extra snacks throughout the week or bigger portion sizes than those shown in these ideas, if you want to.

The ProPoints plan is designed to lead to a healthy and sustainable weight loss of up to 2lb per week.

For good health, we recommend that you include $\frac{1}{2}$ pint of skimmed milk every day (3 ProPoints values). This is to be used over the day as it suits you, for example in tea or coffee, with cereal, or as a drink.

We have included a variety of fresh fruits and vegetables throughout the meal planner to help you get your 5-a-day, but switch them for your favourite seasonal fruits and vegetables if you prefer.

Filling and healthy foods (highlighted in green) will keep you feeling satisfied and fuller for longer. They are also healthy choices – a selection of foods that are higher in fibre and/or lower in salt, sugar and saturated fat.

We also recommend that you drink plenty of fluids throughout the day, between six to eight glasses. This can include coffee, tea, milk, squashes, diet drinks and, of course, water.

Weight Watchers knows support is key to weight-loss success, so you can get your first week absolutely free, using our exclusive offer. This gives you access to all the tools you need to ensure a holistic approach to your weight loss, whether that be in a meeting, online, or by talking to a Leader, using Expert Chat.

With these delicious meal ideas, create flavoursome food to help you slim while still enjoying yourself

BREAKFAST

SAUSAGE BREAKFAST WRAP

5
ProPoints

- Heat $\frac{1}{2}$ tsp olive oil in a small, non-stick frying pan. Add 1 pork sausage, fry for 5 minutes, then add $\frac{1}{2}$ red onion and continue frying for 5 minutes until the sausage is cooked and the onion is soft. Grill 1 Weight Watchers tortilla wrap under the grill for 1 minute until warmed through. Chop sausage into chunks and place on the wrap with the onion, 1 tbsp tomato chutney and a handful of fresh coriander leaves. Roll up, halve and serve.

6
ProPoints

BERRY TOAST

- Spread 2 slices of toasted brown calorie-controlled bread with 2 heaped tablespoons of quark and top with 1 medium portion of blueberries. Mix $\frac{1}{2}$ tsp of sweetener and cinnamon and sprinkle over the top with some fresh mint. Grill until the berries start to burst.

5
ProPoints

YOGHURT AND FRUIT

- Top a small pot of 0% fat natural Greek yoghurt with sliced strawberries and crumble over 1 Shredded Wheat.





LUNCH

SPEEDY CHICKEN CLUB

Serves 4

- Lightly toast 4 slices of Weight Watchers bread. Mix together 40g low-fat soft cheese, 15g reduced-fat mayonnaise, 15g chopped gherkins and spread over the toast. Shred 2-3 crisp lettuce leaves, slice 1 beef tomato, 1 avocado and 225g sliced, cooked skinless chicken breast and arrange on the toast. Squeeze over some fresh lemon juice and snip some fresh chives over the open sandwich.

6

ProPoints per serving



7

ProPoints per serving

TUNA NIÇOISE

Serves 1

- Place 1 egg in a pan of cold water and bring to the boil for 5 minutes, meanwhile boil 100g new potatoes for 15 minutes adding 50g green beans after 10 minutes. Drain and cool under cold running water.
- Arrange the lettuce and tomatoes in a bowl and add the potato, green beans, a few basil leaves, 12g olives and 1 drained can of tuna. Peel and slice the eggs and arrange them on top of the salad.
- Mix together 1/2 tbsp olive oil, 1/2 tsp red wine vinegar and 1 tsp of lemon juice, drizzle over the salad and serve.

LUNCH BOX CHICKEN CURRY PASTA

Serves 4

5
ProPoints per serving

- Put 200g fat-free natural yoghurt into a bowl and stir in 1 tbsp curry powder. Cook 250g skinless chicken breast in a frying pan with low-fat cooking spray. Add 300g cooked pasta, chicken, 1 pepper, some cucumber and 4 spring onions to the bowl. Season with salt and pepper. Pack a portion in your lunch box and keep it in a cool place, such as the fridge or with an ice pack.



5
ProPoints
per serving

DINNER

TURKEY AND BACON BURGERS

Serves 4

- Mix together 75g lean chopped bacon, 400g turkey mince, 1 egg, 2 spring onions, finely chopped. Shape into 4 burger shapes and chill in the fridge for 30 minutes. Spray each burger with low-calorie cooking spray and cook on a medium grill heat until cooked through and no pink on the inside.
- For a tomato relish, chop 3 tomatoes, 1/2 red onion, some parsley and lime juice in a bowl and mix. Serve with the burgers.

EASY CHICKEN ENCHILADAS

Serves 4

- Cook 500g chopped skinless chicken breasts, 1 chopped red onion, 1 red and 1 yellow pepper, chopped and deseeded. Sprinkle 30g fajita seasoning and cook until chicken is cooked through. Mix 400g can chopped tomatoes with 4 tbsp tomato ketchup and some seasoning, and put into a 1 litre shallow ovenproof dish. Spoon the chicken mixture into 4 tortilla wraps, roll them up and put in the dish with tomato sauce. Sprinkle with 100g reduced-fat cheese and bake for 20 minutes until golden and bubbling.

9

ProPoints
per serving

COURGETTE FRITTATA

- Heat 1/2 tsp oil in a 20cm non-stick frying pan and add 1 sliced courgette. Cook until softened and slightly golden. Mix together 2 eggs, 1/2 tbsp skimmed milk and season well. Pour over the courgettes and cook over a low heat for 5 minutes. Scatter with 30g low-fat feta. Preheat the grill to medium and cook the frittata for 2 minutes until golden. Serve with a crisp green salad.

6

ProPoints
per serving



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Terms and conditions Attend a meeting in England, Scotland or Wales before 6th August 2015 and the weekly meeting fee (£6.25 in mainland England and Wales) for that first meeting will be waived upon presentation of this coupon. Weekly meeting fee payable for all subsequent meetings. Fees subject to change and local variation. Coupon cannot be transferred, combined with other offers, applied to renewals, exchanged for cash or used with Monthly Pass or At Work. Available to individuals aged 18 years or older.

eTally 97/962



OR JOIN WEIGHT WATCHERS ONLINE

Get a 7-day free trial when you sign up to the Weight Watchers Online 3-month plan

To get a 7-day free trial when you sign up for Weight Watchers Online 3-month plan, visit weightwatchers.co.uk/signup, enter the promotion code [4-16-1867-18512] and click 'apply code'. Terms and conditions apply, see website sign-up page for details: weightwatchers.co.uk/signup

Terms and conditions Sign up online before 6th August 2015 to the Weight Watchers Online 3-month plan and receive a 7-day Free Trial. Pay £29.85 only. The full term of the plans must be completed. Subscriptions will automatically renew at the end of the plan at the standard monthly rate (£12.95) until you cancel. Fees subject to change. Offer cannot be transferred, combined with other offers, applied to renewals, exchanged for cash or used with At Work. Prices are subject to change at any time. Statutory rights not affected. The Weight Watchers Online 3-month plan is only available to online subscribers in the UK (excluding Channel Islands & Northern Ireland) aged 18 years or older.

We ❤️ Pets



Joe Inglis has the best advice

Ask the vet



Q I had my rabbit treated for a bad eye. The vet said it could be caused by a parasite. Is that true?

Harvey, Swindon

A Yes, eye problems can be caused by a parasite called *E. cuniculi* and are quite common in rabbits. Infection doesn't cause any obvious signs of disease, but the

parasite can cause head tilts, loss of limb function, and eye problems caused by inflammatory lesions in the eye. These lesions typically present as white marks in the eye, often with redness and swelling. Treatment involves using a worming liquid to kill off the parasites, and anti-inflammatory eye drops. With this treatment, despite the lesions being unlikely to disappear, there's a good chance the eye will settle down well.

DOGS AND CHILDREN



With the fatal dog attack recently on a baby by a terrier, how can we be sure that a dog is safe around the family?

Yet millions of dogs and kids live together happily and a family dog brings many benefits. Dog

attacks are uncommon – with 7,227 recorded in the UK in 2014, one for every 1,000 dogs – but they can be serious when they occur.

Preventing dog bites is all about training your dog to be obedient and well socialised, ideally from puppyhood, and also making sure that the family respect the dog's needs and behaviours. It's vital that children understand when to leave the dog alone, and to make sure the dog has somewhere safe and peaceful to escape to.

For parents, worrying signs include ears flattened back, a hard stare, lip curling and growling. Any dog showing aggressive behaviours shouldn't be left alone with kids and needs assessment by a dog behaviour expert. If in doubt, don't take any risks.

PICTURES: BIGSTOCK, YOUTUBE



THE SECRET TO HAPPY CATS

If your kitten is exploring upstairs or even visiting the vet, the spray can be used on crates and bedding to provide comforting pheromone support and can last for up to 24 hours.

Feliway.co.uk

PET OF THE WEEK

WHO IS SHE:

Molly is a cockapoo, she is nearly two.

LOVES: Having her tummy tickled, chasing tennis balls, sleeping on the furniture

HATES: Having a bath, thunderstorms

ANNOYING HABITS: Refusing to get back on the lead, eating shoes

FAVOURITE

FOOD: Sausages

OWNERS: The Shaw family of Herne Hill, South London



To nominate your pet, email best@hearst.co.uk with 'Pet of the week' in the subject line, or send details and a non-returnable photo (so make a copy if precious) to Pet of the Week, Best, Hearst Magazines UK, 33 Broadwick Street, London W1F 0DQ

CUT ABOVE THE REST



Hirsute's you, sir!

It may look absurd, but a new grooming trend is beginning to take shape in Taiwan.

It's called hirsute. The craze involves having your pet pooch's facial hair shaped into a sphere or square, with eye-catching results. Edward Scissorhands, eat your heart out!



Best loves...

Petkin Doggy Sunstick SPF 15, £4, amazon.co.uk In a heatwave make sure your pooch's exposed skin (e.g. ears and nose) doesn't get burned.



You can follow Joe on Twitter @joethevet

best PROMOTION



Maria-Louise
won't make
the same
mistake again



'Why my romance

Maria-Louise Warne describes the downsides of dating a man old enough to be your father...

When I heard that 360,000 British women have signed up for a 'sugar daddy' dating website, I thought, 'Good luck - you'll need it.'

I met Carol when I was managing his posh country leisure shop in Tiverton, Devon. I was just 26 and he was 48.

He lived in another town with his wife and daughters, and would stay locally during the week. Despite the age gap, we clicked. I'd only had a few boyfriends, and found his worldly self-confidence a massive turn-on. Soon we began an affair.

It helped that he was wealthy. He took me to sophisticated restaurants and lavished me with perfume, chocolates and flowers. I fell for him big time.

My mum warned me I was facing an unhappy future. 'What will you do when he's collecting his pension and you're only in your 40s?' she asked, but I was besotted.

Carol and I moved in together after a year, though he hadn't left his wife and would go home to her at weekends.



sugar daddy, went sour'

Our life together was straight out of a glitzy romance novel. We had the posh cars, a boat and four holidays a year. Finally, after four years of sharing him with his family, he walked out on them one Christmas. I was 30 and he was 52. We spent the New Year in a luxury hotel to celebrate, then bought a three-bedroom detached house together.

A year later, I broached the subject of starting a family of our own. Carol was having none of it. Even though his two daughters were young adults, he felt guilty about what it would do to them.

It didn't help matters that, by now, they couldn't stand me.

My mum was furious that I'd accepted Carol's decision about children, but I told myself we were happy in many other ways.

Shortly after he'd left his wife, Carol's business collapsed, and his attitude was 'now it's your turn to earn money'. I was shocked, but just got on with it – we couldn't afford for me not to.

My sales job meant I was on the road during the week, which was no bad thing because, whenever I socialised with Carol's friends, I was bored out of my mind. Their wives were decades older than me, and weren't thrilled to be in my company, either. They'd already labelled me 'the gold digger',

'Desperately lonely, my life was draining away'

which was ironic, because it was me who was now the breadwinner.

When he was 60, Carol needed open heart surgery, and the doctors weren't sure he'd make it. Aged 38, I gave up work to nurse him.

When he was out of danger, he scrawled on a piece of paper, 'will you marry me?' I was shocked but happy, and we wed on a wintry December day. Mum refused to come. Carol was in his wheelchair for much of the celebration, and was in bed by 6pm.

Any doubts I'd had before Carol's heart condition had been erased by the fact that I'd nursed him back to health – I'd fallen in love with him again.

While I wasn't working, we had to downscale our life. The holidays went, as did the boat and many of the cars.

In 2002, we moved to France to start afresh, and I began working full time as an estate agent, while Carol tinkered with his beloved cars. It was exhausting.

Then, in 2005, aged 70, he had a stroke, and I became his round-the-clock nurse again. Desperately lonely, I felt my life slipping away. I was still only 48.

Miserable and depressed at the prospect of being a geriatric nurse for the rest of his days, I ballooned from 8st to 13st.

I realised that Mum had been right all along – marrying a man more than two decades older than me was the biggest mistake of my life.

It was the little things that got on my nerves, like listening to Carol going on about the life he enjoyed before I was even born. He also began calling me by his ex-wife's name.



I got a wake-up call when I tipped the scales at over 15st. How had I got so obese?

This was the motivation I needed to start exercising, although Carol admitted he was scared I'd regain my figure and leave him.

Instead, in March 2008, *he left me*, having cleared out our bank account, and with the help of some friends who organised his transport back to the UK. I was devastated.

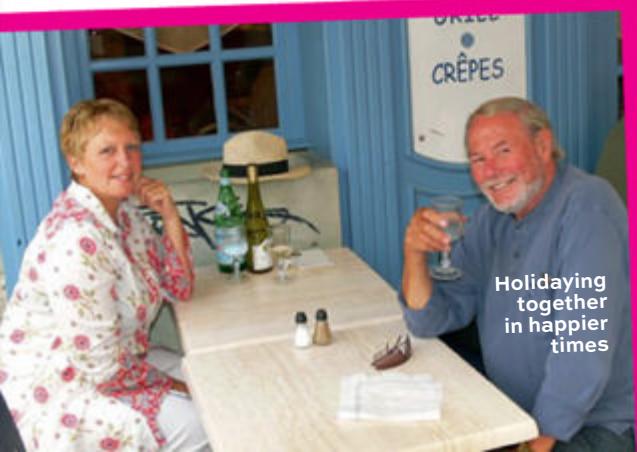
Maybe Carol was threatened by my growing independence, or maybe he was just as unhappy in our age-gap marriage as I was. He now lives in Cornwall, near his daughters.

At least the toll it took on me has had one positive outcome, with me losing 5st. At 58, I'm 9st, and have finally followed Mum's advice – I'm now seeing someone my own age.

Carol says 'Maria-Louise was a very manipulative and controlling person to be married to. If she really wanted children, she should have pressed the point more. It wasn't something I was aware of. For the last 10 years of our relationship I was fighting to stay alive. I missed my daughters and I missed the UK.'

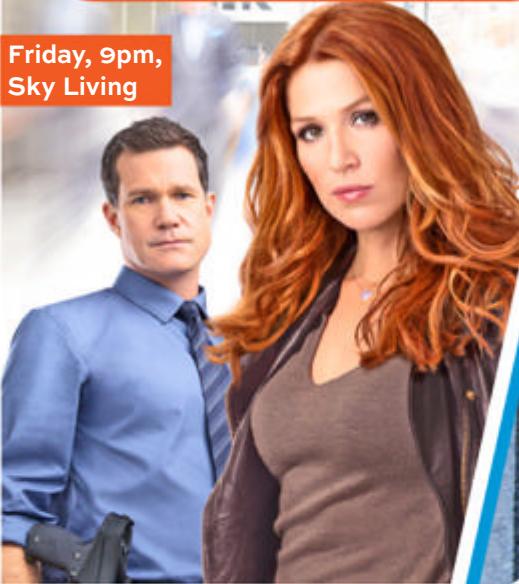
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THE entertainment edit

Friday, 9pm,
Sky Living



Unforgettable

The gripping crime drama is back. This time, NYPD detective Carrie (Poppy Montgomery) goes undercover to help a Secret Service investigation into counterfeiting. Learning about forgery is easy, but her famously brilliant memory proves useless when she gets bundled into a van. Cue her trusty partner, Al (Dylan Walsh).

Thursday, 9pm,
Channel 4

King for a Term

Written and directed by Idris Elba, this playful drama is inspired by his school days in Hackney. It's the story of an asthmatic boy who's suddenly and unexpectedly moved to a school for kids with learning difficulties. It'll strike a chord with anyone who has ever felt like an outsider.

Thursday, 9pm, Sky Arts

Married at First Sight

Would you agree to let a scientist help you find lasting love? Is it any more shocking than using Tinder, or giving your number to a man you meet in the pub? Three highly compatible couples chosen from 1,500 applicants prepare to enter into a legally binding marriage, despite meeting for the first time on their wedding day. In this first episode, the experts decide who will tie the knot.



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NEW SERIES

Tuesday, 9pm, ITV



Virgin Atlantic: Up in the Air

Documentary series going behind the scenes of the airline in its turbulent 30th year. Employees prepare for the company's landmark event, and we follow 58-year-old granny Katrine, who's hoping she has what it takes to become a new member of cabin crew.

My sleepless nights

Most Haunted star Yvette Fielding on being so scared she can't stay home alone...

You're back for yet more ghostly goings-on...

I know – this is series 17! I'll keep going until I'm being pushed along in my coffin and I'm one of the ghosts they're hunting [Laughs]!

This time you have a resident sceptic, Glen Hunt. How did he get involved?

I worked with him on a radio show and he kept asking questions, so we got him on board. It's good to have someone who's sceptical, to ask the questions the viewers will have, too. It's frustrating when he's not convinced even when we can hear banging, but it's good for the show!

A lot of spooky things happen this time round, including books being thrown and hearing demonic voices. It must be tough to forget about that when you're home...

Yes, it's been very tricky this time. We've been working

with sound in a new way, and actually hearing voices has affected me deeply – to the point where I can't sleep in my house on my own. How sad is that? Your mind can play wonderful tricks on you when you're on your own at night.

Has that ever made you contemplate quitting?

It has got that bad in the past, and I've wanted to resign, but I'm fine at the moment. My mum's desperate for me to stop, because she's worried, but I think we're just scratching the surface and I want to keep going until we find something so amazing that the world can't ignore it.

You're mum to Will, 21, and Mary, 15. Have they ever showed an interest in coming along?

Will is very interested in it, and has helped out on one of the shoots, but he left when it got dark! Also, he doesn't like us talking about what we've seen – it freaks him out. But Mary, who turns 16 this year, is all for taking my

Most Haunted, Really, Thursdays, 10pm

'This series has been tricky – the voices have affected me'

place when she turns 18. She said: 'Move over, Mum – I'm going to be the new presenter.' So I've got two years left [Laughs]!

Celebs have taken part in the past, haven't they?

Yes – Paul O'Grady wants to come back and do another one! And Keith Lemon wants to come on, but I think we'd end up laughing too much to do any serious investigating! The Hoff is also very keen – he'd be hilarious. Watch this space...

Mr Lemon would be a juicy guest

Hubby Karl's the show's producer, and daughter Mary wants in, too!



I'm not my daughter's favourite singer!

Lee Mead talks about his love of big band music, and who little Betsy really loves listening to...



Your upcoming tour is called *Some Enchanted Evening*. Tell us a bit about what to expect...

I'm very excited about it. It's 17 songs from the golden era of Hollywood – the late Thirties to the early Fifties. It's not quite Michael Bublé, but I do have a five-piece band.

Why have you chosen that era?

I remember watching films like *South Pacific* when I was a kid, after having Sunday lunch with my whole family. For me, it's nostalgia. I loved the musical films from that era.

We hear there might also be some *Joseph* numbers...

Yes! I've accepted the fact that I will

Betsy's the apple of his eye



I miss Betsy during the week - I love her so much'



He's won new fans as *Casualty's* Lofty Chiltern

probably be singing 'I closed my eyes' [a line from the song *Any Dream Will Do*] until I die...

A lot of your tour dates are Sundays – why?

It's because I usually have Betsy from Saturday morning to Sunday afternoon. We all have priorities and, for me, it's my little girl. She sometimes comes with me, too – as do my parents, who are great.

Does Betsy show any interest in singing like her dad?

She's only five, so who knows? She likes music, but I'm certainly not her favourite singer – that'd probably be Ed Sheeran. She knows all the words to *Thinking Out Loud* – it came on my car radio the other day and I thought: "Where did you learn that?" She also loves the song *Budapest* [by George Ezra].

You're also in *Casualty*...

Yes. I film in Cardiff from Monday to Friday. I miss Betsy during the week – I love her so much. But a lot of dads have to work away. Mine, who's a postman, worked about 80 hours a week when I was little; I only saw him at weekends for about 30 years.

Anything big coming up in *Casualty*?

I can't say too much, but I have a huge storyline from September to Christmas, so tune in.

You and your ex Denise van Outen seem to get on so well...

It's hard, but she's Betsy's mum, so she'll always be in my life, and I care about her. We're still good friends, which is nice.

For all Lee's tour dates, log on to leemead.co.uk

THIS WEEK...

Heartbroken after losing Rio

They say a dog is a man's best friend – something I know only too well as a huge animal lover and the proud owner of three dogs.

But two weeks ago I was left heartbroken when my 14-year-old dog Rio passed away from old age.

During his last moments at the vet's, me, Ray, and Ciara sobbed. He'd had a good life and defied the odds.

When we first got him we were told he'd only make it to six years old and

he had hundreds of complicated operations – but it's still like losing your best friend.

People who aren't animal lovers won't get it and will scoff at things such as pet bereavement counselling, which the Blue Cross charity offers, but I understand it.

Over the past 14 years, Rio's given me unconditional love. Every time

I've walked through the front door – no matter how bad I've looked or what horrible mood I've been in – he's always known

WHAT DO YOU THINK?

Tell us your views at [BestDaily](#)

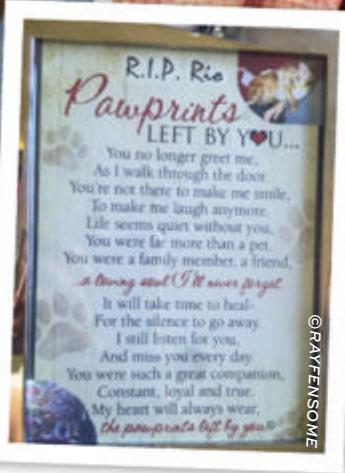
bestdaily.co.uk

Straight Talk...

With Loose Woman
Coleen Nolan



He defied the odds and lived a long life



how to cheer me up.

You don't realise how big a part of the family they are until they're gone, and it's the little things that remind me of him.

The other night I made the dogs their dinner and I automatically did Rio's as well. Meanwhile, my other dog, Jessie, is blind, so she's walking around and sniffing the air to try to find him.

Poor Ray has also taken it really hard. He and Rio were besotted with each other and he'd sit for hours as Ray recorded music in the studio.

The only thing that could put a smile on our faces in the days after saying goodbye to Rio, was coming home to find my new three-legged pup Mica had mischievously ripped up an entire toilet roll in the living room. We couldn't help but laugh.

Now all we can do is cherish our memories. Rio's ashes are coming back in an urn decorated with paw prints and Ray's put a lovely poem with a picture of him in a frame, which is sitting in on the kitchen table.

And that's where he'll stay – in the centre of our home, like he was for the past 14 years. Rest in peace, my Rio.



THE MEGA CROSSWORD

WIN 1 x 200, 2 x 100 or 3 x £50 prizes

Both these sets of clues lead to the same answers, revealing in the shaded squares a film with Gwyneth Paltrow (9)

STRAIGHT CLUES

ACROSS

- 7 Period of existence (8)
- 9 Of a racial group (6)
- 10 Tacks on (4)
- 11 Generally (10)
- 12 Acts (5)
- 14 Thespian (5)
- 15 Breaker, e.g. (4)
- 16 Spots, notices (4)
- 17 Objects of worship (5)
- 18 Posed questions (5)
- 23 Expressed dissatisfaction (10)
- 24 Egg shape (4)
- 25 Living entities (6)
- 26 Costs (8)

DOWN

- 1 Centre (6)
- 2 Chaos, disorder (4)
- 3 Less important (5)
- 4 Blood vessels (5)
- 5 Persons portrayed on stage (10)
- 6 Vast numbers (8)
- 8 Ceases (4)
- 13 Evolving, maturing (10)
- 15 Fully vulnerable, not enclosed (4-4)
- 19 Rubber (6)
- 20 Narrow part of body (5)
- 21 Leg joint (4)
- 22 Change for another use (5)
- 24 Possesses (4)

CRYPTIC CLUES

ACROSS

- 7 Limit fee, possibly, for as long as you

TO ENTER CALL: 0901 609 4214 (UK 65ppm)[†]
/1550 716 022 (ROI 97cpm)[†] CODE: PUBSTN15410



WIN
£550

- 5 Letters and cards (10)
- 6 Limo's nil involvement with large numbers (8)
- 8 Finishes with ambitions (4)
- 13 Evolving in some photographic work (10)
- 15 Edwin Poe composed "Agape" (4-4)
- 19 It's used to remove parts of a letter, as errors were made (6)
- 20 Reportedly be profligate with a body part (5)
- 21 Unusually keen to get a joint? (4)
- 22 Woman with exercises to change (5)
- 24 Has snow drifted? (4)

ANSWERS
CROSSWORD
23/15 San Andreas

ACROSS

- 6 Nursery
- 7 Scrub
- 9 Pile
- 10 Containers
- 11 Aside
- 12 After
- 14 Dash
- 16 Vase
- 17 Graph
- 18 Suits
- 22 Absolutely
- 25 Item
- 26 Total
- 27 Singers

DOWN

- 1 Dim uprising led, somehow, to the core (6)
- 2 Dining area in an untidy state (4)
- 3 Junior collier, by the sound of it (5)
- 4 Cultivated vines. They hold vital liquid! (5)
- 1 Friendship
- 2 Mercy
- 3 Hymn
- 4 Usual
- 5 Iron
- 6 Nails
- 8 Borders
- 13 Favourites
- 15 Acrobat
- 19 Trees
- 20 Fuels
- 21 Hyena
- 23 Oats
- 24 East

best PRIZE PUZZLES ENTRY COUPON ISSUE 27

27 Crossword ANSWER CODE: PUBSTN15410

Send to: Best Prize Puzzles (27/15), Hearst Magazines UK, The Data Solutions Centre, Worksop S80 2RT. Print in ink.

One entry per household. Postal entries to reach us by closing date of 23 July 2015. Winners will be drawn at random from correct entries received by post and phone. Names and addresses of winners available on request. No correspondence can be entered into. The editor's decision is final.

Name _____

Address _____

Postcode _____

Date of birth** _____

Home telephone** _____

Mobile telephone** _____

E-mail address** _____

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ADDRESS AS WRITTEN
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**optional information

*For full T&Cs see p3. We will use the information you supply to process your competition entry. For our privacy policy visit hearst.co.uk/dp.

Lines open 7 July 2015 till midnight on 20 July 2015 (closes 23 July 2015 for postal entries). Over 18s only. [†]UK Calls cost 65p per min plus your telephone company's network access charge; ROI 97c per min, and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390). ROI SP: Phononation/Spoke (01437 8815). To enter by post, use coupon, left.



UNDEFEATED

Six months ago we told how Tracy Ralph, 35, lay close to death, having lost her fingers and legs after a sudden illness. Now, the mum-of-two tells of her incredible fight for survival

Watching my husband Brad chase our two boys, Hudson, two, and Miller, five, around the garden, I long to join in.

Running after your sons as they giggle with delight is something you take for granted when you are a young, fit mum.

But those days are gone now. My life, as I knew it, has changed beyond belief.

In the run-up to Christmas last year, I'd been feeling ill for a few days, but I simply powered through.

Dosed up with Lemsip, I forced myself to go on a girls' night out and had my in-laws over for lunch.

Come Christmas Eve, though, I felt so bad that I couldn't take the boys to their pantomime, and Brad took me to the emergency GP.

The doctor examined me and immediately called an ambulance. He said I had pneumonia, and I needed to go to hospital straight away.

I'd taken up running a year before, and had felt the fittest I'd ever been.

I thought they'd just give me antibiotics and send me home, but I went downhill fast and was put on oxygen.

'We're going to have to put you in an induced coma,' the consultant said.

I freaked out. All I wanted was to be back home again with my boys.

Everything was a blur after that, but I later learned my organs had begun to shut down. I was rushed to St Thomas' Hospital, London.

There, I was hooked up to a special machine which took over from my heart and lungs, giving me a fighting chance.

For weeks, Brad never left my side. I battled bleeding on the brain, and meningitis and gangrene set into my hands and feet.

Despite almost dying twice, I somehow managed to hold on. Doctors say being a runner and a non-smoker

probably saved my life.

When I came round in the intensive care unit, I was covered in tubes and wires. Brad tried to gently explain what had happened, but I couldn't take it all in.

Then I caught sight of my hands. They were black and bent over like claws.

After that, the consultants broke the terrible news that my hands and legs would have to be amputated.

My friends and family tried to look at it in a positive way – that I would get new legs, I would still be me. But I was devastated.

On 15 January, both my legs were removed below the knee, and also my fingers (except for my thumbs).

After the operation, I fell into a deep depression.

Brad tried to cheer me up with videos of the boys from home. I missed them so much, but all I could think was that they'd be better off with a new mummy.

The kids knew I was sick.



Hudson was just a baby, but Miller was starting to ask when I was coming home.

Two weeks after the operation, Brad brought Miller to visit me. The nurses hid the tubes and wires behind my hair, so he wouldn't be scared.

Miller had always been a mummy's boy but, when Brad went to the toilet, he wouldn't even stay in the room with me.

It was so lovely to see him, but it hurt so much, knowing I'd lost our special bond.

Over the next few days, I felt like giving up.

I've been with Brad, 37, for 15 years. He's my soulmate, but I still questioned whether he wanted to stay with me.

'I'll understand if you want to leave me,' I said to him, over and over. He'd reply,

'I've
reconnected
with my
children
again'



Miller's
close to
his mum

'I love you, you're still the amazing woman I married.'

If not for Brad and my friends, I'd have given in.

'You've got to take care of yourself,' my best friend, Carla, said, cleansing my face and applying make-up.

Another friend, Tash, arranged for a hairdresser to blow-dry my hair.

At the time, I wondered

why they bothered, but as winter turned to spring, I started to feel more positive.

In March, I was ready to be moved back to Southend Hospital, Essex, which was nearer my home.

Not long after, Hudson came to see me for the first time. As he toddled into my room with Brad's parents, my eyes stung with tears.



REUNITED



When I called him, he cuddled closer into his nan and granddad's legs. He had no idea who I was.

Thankfully, Miller had begun to respond to me. He loved snuggling up with me on the bed, and telling me all about his new toys and what he'd learned at school.

In April, I was transferred to the Roehampton rehabilitation unit, near London. There, I met others like me. A young girl, Vicky, who'd lost both legs in a cycling accident. Another lady who'd lost her hands. We helped each other through our down days.

Every day, I'd exercise from 9am till 3pm, until I was strong enough to try my prosthetics for the first time.

It felt amazing to stand tall and talk to someone

eye to eye again.

The physiotherapists were impressed by how quickly I mastered my new legs. On 15 May, I finally walked through my front door. I felt like I could restart my life

I'm no longer the active mum I was - Brad is the 'fun parent' now - but I read with the kids a lot. It's helped me reconnect with Hudson, who sits on my lap with a book.

At night, I dream that I'm normal, then I'll wake up and realise things are never going to be the same again.

I miss trips to the beach, strolling on the seafront with the kids and walking our dog in the woods near our home.

We're saving money to buy prosthetic legs privately - it should help my mobility. They'll look more real, too.

My sister-in-law, Amanda, started a fund, which has raised over £190,000 so far. I can't thank everyone enough for what they've done for me.

A company have offered me a free pair of running prosthetics. I'm determined I'll run again one day.

For now, though, it's baby steps. Having been so close to losing everything, I'm just so grateful to be here to see my family grow up.

● *To donate to Tracy's prosthetics fund, go to youcaring.com/medical-fundraiser/help-tracy-get-back-on-her-feet/293454*



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THIS WEEK...

Your travel insurance checklist

From sorting out medical costs to the theft or loss of your belongings, make sure you've got the best value cover



BAG A GOOD DEAL

If you organise your own flights and accommodation, instead of booking a package, it's important your insurance includes scheduled airline and end-supplier failure cover. This protects you if an airline, villa company or ferry firm goes bust after you've booked your holiday. Cheap is not always best! The Association of British Insurers advises

that you should only consider policies including £2 million for medical expenses, £1 million for personal liability, £3,000 for cancellation, £1,500 for baggage and £250 for cash. Love water sports or horse-riding on holiday? Then upgrade your policy to silver or gold cover for peace of mind and a much higher payout if there's an emergency.

WHAT TYPE OF POLICY?

If you only go overseas once or twice a year, single trip insurance is right for you, and can cost as little as £5. If you're jetting off more than twice, annual multi-trip insurance may be cheaper, especially if you're going long-haul. Don't buy it through a travel agent – often, these policies don't offer the cover you need, and can be pricey. It's also vital to know how the 'excess' works on your policy. Some policies charge excess per section, which can quickly add up. For example, if you were mugged, you could be charged £75 excess for medical costs, and £50 excess for loss of personal effects. Other policies charge just one excess per claim.

Check out Moneysupermarket.com for unusual travel policies, like backpacking, cruises and golfing holidays.

COMMON EXCLUSIONS

Anything where **YOU** were at fault (drunken accidents, leaving your bag on the beach whilst you swim, missing your flight) will usually **NOT** be covered. And you need to make sure that your travel insurance policy covers you for your destination. Don't be fooled, it isn't as obvious as it sounds! Some worldwide policies don't actually cover you for the US and Canada, but do cover you for New Zealand and Australia. However, you don't usually need to buy a worldwide policy for much of North Africa, as Egypt, Morocco and Turkey come under Europe in most deals. You may be able to cancel your holiday due to natural disaster or civil unrest, especially if the Foreign Office has advised against travel.

Make sure you check out InsureandGo and Holidaysafe for special offers!

THE SMALL PRINT

Always read the small print! Watch out for 'free' policies included with your bank account, as they usually don't cover the whole family, or pay out if you have a pre-existing medical condition. EU rules mean that, if you're delayed over three hours or your flight is cancelled, you're often entitled to compensation of around £190-£480 per person. Delays must be over three hours in duration to claim. If your delay was three hours, but the pilot makes up some time on the flight and the delay ends up as two hours 55 minutes, then you can't claim!



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Cashback Queen



With money-saving guru
Sarah Willingham

THIS WEEK... COME ONE, COME

TALKING POINT



IMMIGRATION – LET'S GET REAL



But borders exist for a reason

Eamonn: As a news interviewer, two of the subjects that come up again and again are migration and immigration.

What's to be done about the Mediterranean problem, what's to be done about

Calais, what's to be done about the Eastern European problem? You know what? Like most of us, I haven't a clue.

But TV, radio and print media are full of commentators who want to be seen as big-hearted – so they all say, 'We must let them into Britain.'

Now I'm compassionate but I can suss out double talk. Saying is easy, doing is harder. There shouldn't be much difference in the way you run a responsible country to the way you'd run a responsible household.

So the question should really be, 'How many of these poor people would you take into your OWN HOME, sponsor, pay to keep and be responsible for, without knowing their background?'

I think a lot of those mouthpieces would find reason to pause. Reality means it's harder to do the right thing than say it.



ALL?

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THINK?
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SMALL WONDER

Eamonn: One of the country's top headmasters has launched an attack on mums and dads who want their children to become 'mini-mes'. So could it be you he's talking about? He warns about videoing their school plays rather than watching the performance, and shouting from the touchlines during sports events.

Ruth: Oh dear, I think you and me are in line for detention. You are Mr Shouty during sport and I tend to record anything that moves during plays and parents' evenings – I even record for other parents!

Eamonn: Don't be too hard on yourself – that's your TV training kicking in. But I

think a lot of us need to reflect on this. The headmaster's point is that we must let our kids become more independent, so if we think for them, wrap them in cotton wool and tell them they are a disappointment if they don't think like us, or do as we do, it stifles their development and independence.

Ruth: I know you're right, Sir, though it's easier said than done. But then, that's the way I found everything that teachers tried to tell me!

THE ROAD TO NOWHERE

Eamonn: Heart attacks, high blood pressure, stress, lack of sleep – all conditions that could kill you – and all ones you are likelier to have if you live on a busy road.

Scientists are issuing that warning and yet not a day goes by that I don't see some new houses or flats being squeezed onto any

piece of land available on some of the busiest junctions or roads.

Until I was eight, I lived in a house that fronted a busy road. No path, no garden – just front door, width of pavement, then cars, trucks and lorries. So why did we live there? Same reason people do now. It was all we could afford. No wonder pay packets and health are so often closely related.

NO HIDING PLACE

Ruth: The number of prosecutions for violence against women and girls is at a record high.

The Crown Prosecution Service says it's still investigating more and more historic allegations in the wake of Jimmy Savile

and his ilk. While this is encouraging, there's still further work to be done, to ensure all offences are reported, all who can be prosecuted are, and prosecuted well.

But above all, anyone who is a victim should feel confident they will be believed when reporting these crimes, historic or not.



Double Take



News, views and a fresh take with **Eamonn & Ruth**



HAPPY ANNIVERSARY

Ruth: Here's the card Eamonn sent me for our recent fifth wedding anniversary. It's a



cartoon version of my favourite photo of the big day, and sums up one of the things we do best – laugh. Only he and I know what he said to tickle me – guess on Twitter at @RuthieeL and I'll say if you're close.



They're both
cuddly and
house trained!

A FRIEND INDEED

Eamonn: People are more likely to like you and find you more attractive if you like your dog.

A new survey shows that people talk to you when you walk a dog, meaning it's a good way of making new friends.

Here's Maggie with Ruth. I should warn you she has big teeth and bites when provoked – but the dog is divine!

best DRESSED

YOUR WEEKLY
STYLE FIX



Jessica Alba
dresses
the print
trend
down



Amanda Holden
looks chic
in these
patterned
trousers

SHOP THE STYLE

Wide leg, 8-20,
£16, Peacocks



Trousers, 8-20,
£22, M&Co

Top, 8-22,
£35, M&S



Fitted,
8-22,
£39.50,
M&S

Make a statement

The hit of the summer has to be bold printed trousers.

● Unless you are feeling particularly brave, strong prints work best teamed with plain colours. You can't go wrong with a classic white shirt - it looks fresh and modern whatever the occasion. Or, pick out a colour that features within the print and co-ordinate your top, shoes and bag with it for an elegant look.

● For a nod to the Seventies, pick up a pair of palazzo pants.

This wide-length style is comfortable to wear and looks great with a fitted T-shirt and wedge sandals. Avoid loose tunic tops and jackets, which can swamp you, especially if you are petite.

● Want to look smart? A co-ordinated two-piece allows you to go bold from top to toe. Tailored separates are elegant enough for the office, when worn with a classic black or white jacket.

● A little bottom-heavy? This trend is still for you. Go for fitted trousers in a darker shade, with a strong print. Team with a long-line shirt or top, and wear heels to help lengthen your legs.

Top, 8-22, £29; Trousers, 8-22, £49; Mules, £49. Bag, from a selection. All from Monsoon



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